

## CLAIMS

1. A fat and oil composition for spreads composed of  
5 a continuous fat and oil phase and a water phase,  
characterized in that the fat and oil phase comprises

(a) a liquid-state fat and oil containing, as a main  
ingredient, triglycerides having fatty acids with 8 to  
10 carbon atoms in an amount of not less than 10% by mass  
10 of the total constitutional fatty acids;

(b) a low melting transesterified fat and oil  
obtained by subjecting 40 to 90 parts by mass of a palm  
based fat and oil and 60 to 10 parts by mass of the  
liquid-state fat and oil to transesterification with a  
15 1,3-position-specific lipase; and

(c) a solid-form fat and oil having an open-tube  
melting point under increasing temperature of 38°C or  
higher.

20 2. The fat and oil composition for spreads according  
to claim 1, wherein the content of the liquid-state fat  
and oil (a) is 40 to 70% by mass of the total mass of the  
fat and oil phase, the content of the low melting  
transesterified fat and oil (b) is 5 to 50% by mass of  
25 the total mass of the fat and oil phase, and the content  
of the solid-form fat and oil (c) is 5 to 40% by mass of

the total mass of the fat and oil phase.

3. The fat and oil composition for spreads according to claim 1, wherein the triglycerides as a main ingredient  
5 of the liquid-state fat and oil (a) comprises

triglycerides having fatty acids with 8 to 10 carbon atoms bound to the 1-, 2- and 3-positions;

triglycerides having fatty acids with 8 to 10 carbon atoms bound to the 1-, and 2-positions;

10 triglycerides having fatty acids with 8 to 10 carbon atoms bound to the 1-, and 3-positions;

triglycerides having a fatty acid with 8 to 10 carbon atoms bound to the 1-position; or

15 triglycerides having a fatty acid with 8 to 10 carbon atoms bound to the 2-position.

4. The fat and oil composition for spreads according to claim 1, wherein the low melting transesterified fat and oil (b) has an open-tube melting point under  
20 increasing temperature of 20 to 32°C.

5. The fat and oil composition for spreads according to claim 1, wherein the solid-form fat and oil (c) is an animal fat and oil or vegetable fat and oil, or a  
25 hydrogenated oil, fractionated oil or transesterified oil thereof.

6. The fat and oil composition for spreads according to claim 1, wherein the water phase is contained in the range of 10 to 100 parts by mass per 100 parts by mass  
5 of the fat and oil phase.

7. A fat and oil composition comprising

(a) a liquid-state fat and oil containing, as a main ingredient, triglycerides having fatty acids with 8 to 10 carbon atoms in an amount of not less than 10% by mass  
10 of the total constitutional fatty acids;

(b) a low melting transesterified fat and oil obtained by subjecting 40 to 90 parts by mass of the palm based fat and oil and 60 to 10 parts by mass of a liquid-state fat and oil to transesterification with a  
15 1,3-position-specific lipase; and

(c) a solid-form fat and oil having an open-tube melting point under increasing temperature of 38°C or higher.

20 8. The fat and oil composition according to claim 7, wherein the content of the liquid-state fat and oil (a) is 40 to 70% by mass of the total mass of the fat and oil composition, the content of the low melting transesterified fat and oil (b) is 5 to 50% by mass of  
25 the total mass of the fat and oil composition, and the content of the solid-form fat and oil (c) is 5 to 40% by

mass of the total mass of the fat and oil composition.

9. The fat and oil composition according to claim 7  
or 8 for use in producing a fat and oil composition for  
5 spreads.